



WeightWise Weekly Video Challenge

Week 1 Today's video focused on the importance of _____ setting.

Week 2 Stephanie demonstrated portion sizes by using what two objects?

Week 3 What is the name of the Wellness Coalition member joining Stephanie for a healthy lunch?

Week 4 What group of state employees joined Stephanie for a walk today?

Week 5 Latrese Bellamy joined Stephanie in today's video to demonstrate healthy _____.

Week 6 What motivation tip does Stephanie demonstrate in today's video? _____

Week 7 What objects did Stephanie use to demonstrate the effects of living an active life? _____ A model of
_____ and _____

Week 8 What recommendation does Stephanie make for shopping in the grocery store?

Week 9 What is one benefit of mindful eating? _____

Week 10 What experience of daily life effects our overall health? _____

Week 11 Why is it important to have a maintenance plan?

Week 12 What new program has caused Stephanie and Tracie to wear festive hats?

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